

Guangyang Secondary School
Nutrition & Food Science/NFS_Secundary 4NA_2023_Semester Plan 1 (Updated on 4 Jan 2023)

Term(T) Week(W)	Lesson	Remarks
T1W1 [2 – 6 Jan]	Tue 3/1 – Fri 6/1: No lesson	Sun 1/1: New Year's Day Mon 2/1: Holiday
T1W2 [9 – 13 Jan]	Practical: Pizza (Mon 9/1) & Pasta with meatballs (Tue 10/1) Brief on Assessments & Expectations	Non-practical lessons in Sem 1 at Comp Lab 3
T1W3 [16 – 20 Jan]	Unit 17: Key ingredients in mixtures Mon 16/1 Supp @ Comp Lab 3, 3-5pm	Fri 20/1: Sch CNY celebration
T1W4 [23 – 27 Jan]	Mon 23 & Tue 24/1: No lesson	Mon 23/1 & Tue 24/1: CNY
T1W5 – 4-day wk. [30 Jan – 3 Feb]	WA1 – Section B: Short-ans ques & Fill-in-blank [15%] Recap on Sec3NA coursework	WA1 – Wed 1 Feb
T1W6 [6 – 10 Feb]	Coursework: Research/Res & Decision-making/DM Fri 10/2 Supp @ Comp Lab 3, 2-4pm	
T1W7 – 4-day wk. [13 – 17 Feb]	Coursework: Res, DM & Exploratory Study [ES/Plan]	
T1W8 [20 – 24 Feb]	Coursework: Res & DM Mon 20/2 - Cwk: ES/Conduct [Practical exam]	ES/Conduct – Lesson time or Supp lesson [TBC]
T1W9 – 4-day wk. [27 Feb – 3 Mar]	Coursework: Res & DM	
T1W10 [6 – 10 Mar]	Fri 10/3 - Cwk: ES/Conduct [Practical exam] Coursework: DM & Exploratory Study [Discussion]	ES/Conduct – Supp lesson WEALTH Week
Term Break		
T2W1 – 4-day wk. [20 – 24 Mar]	Coursework: Exploratory Study [Discussion] & Planning	Wed 22/3: Fasting month begins
T2W2 [27 – 31 Mar]	Coursework: Planning Mon 27/3 Supp @ Comp Lab 3, 3-5pm	
T2W3 – 4-day wk. [3 – 7 Apr]	Coursework: Planning	Fri 4/7: Good Friday
T2W4 [10 – 14 Apr]	Fri 14/4 Supp @1pm: Cwk: Execution/Practical exam [1st group of 6]	Thu 13/4: Set-up @ 235pm
T2W5 – 4-day wk. [17 – 21 Apr]	Coursework: Evaluation [1 st group of 6]	Sat 22/4: Hari Raya Puasa
T2W6 [24 – 28 Apr]	Coursework: Tidy up	Mon 24/4: Sch hol in lieu of Sat public hol
T2W7 [1 – 5 May]	Coursework: Tidy up	Mon 1/5: Labour Day Fri 5/5: Commendation Day
T2W8 [8 – 12 May]	WA2 – Section A: MCQ & Section C: 1 essay [15%] Mon 8/5 Supp @ Comp Lab 3, 4-5pm	WA2 – Mon 8/5 Supp time
T2W9 [15 – 19 May]	Wed 17/5 @ 235pm: Cwk: Execution/Practical exam [2nd group of 6] Coursework: Tidy up	Tue 16/5: Set-up @ 235pm
T2W10 [22 – 26 May]	Tue 23/5 @ 235pm: Cwk: Execution/Practical exam [3rd group of 6] Coursework: Evaluation	Mon 22/5: Set-up @ 305pm

NO SUPP LESSON ON T2W9 & T2W10